

ALASKA POST

Home of the Arctic Warriors

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Circle of Honor



Saluting, Lt. Col. William C. Gottmeier renders respect to Col. Mark A. Freitag, U.S. Army Alaska deputy commander, during a ceremony on Ladd Parade Field Wednesday. The circular formation of colors by USARAK units has been called the “circle of honor.” Gottmeier was commander of troops during the ceremony. The presence of the colors at the center of the formation represents their position at the forefront of the unit during the heat of battle. At the beginning of the 17th century, armies throughout the world were adopting the regimental system. Regiments were assigned a specific color or number for ease of identification and position on the battlefield. In battle, the color party marched at the front and center as a point for the unit to dress on. By leading the unit in battle the colors became prime targets. As victories in those days were expressed in terms of the number of enemy colors captured, the color party bore the brunt of the battle and suffered heavy casualties. Freitag graduated from the United States Military Academy in 1988 and was commissioned as an armor officer, and throughout his career successfully led troops at every level. Freitag is no stranger to Alaska or to the Fairbanks area. He commanded the 4th Squadron, 14th Cavalry Regiment, as a part of the original 172nd Stryker Brigade Combat Team at Fort Wainwright and deployed to Iraq for 16 months as part of one of the longest brigade-wide deployments of Operation Iraqi Freedom. (Photo by Trish Muntean/Fort Wainwright PAO)

Warrior Adventure Quest helps Soldiers make transition home



1st Lt. Leland Bauer and Spc. Robert Parker, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division enjoyed some time on the river July 31 as part of Warrior Adventure Quest.

Trish Muntean,
Fort Wainwright Public Affairs

Sometimes it is difficult for Soldiers returning from the intense action they may have experienced downrange to the calm and quiet of home.

This is true for some Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division as they make the transition from a long deployment to garrison.

The Warrior Adventure Quest, coordinated through the Outdoor

Recreation Center, is helping them make that transition.

The program combines sporting activities with other tools to teach Soldiers coping skills for managing stress, with the hope of decreasing high-risk behavior, injuries or perhaps even death following redeployment.

“Warrior Adventure Quest is a resiliency program,” said Lara Patterson, manager of the ORC. “It uses recreational activities as a vehicle to assist in reintegration after deployment and block leave to

re-develop unit cohesion and esprit de corps and promotes recreational activities as a way to cope with stress.”

Patterson said activities available at Fort Wainwright include skeet-shooting, archery, speed ball, mountain-biking and paddling. These are all activities in which Soldiers can engage in the local area with their own equipment or equipment they can rent from Outdoor Recreation. Our intention is

See ADVENTURE on page 5

Leaders learn more about post-traumatic stress with “Bobby Smash”

Maj. Joel Anderson

Senior leaders from throughout U.S. Army Alaska had an opportunity to experience some insight on the warning signs and pitfalls of post-traumatic stress from a highly respected expert in the field.

The latest speaker in the Commanding General’s Leadership Development Program is a motivational speaker, PTS expert, National Basketball Association referee and former policeman. Bob Delaney travelled to the Last Frontier July 31 to offer insight and guidance on the warning signs and ways to work toward overcoming PTS.

See PTS on page 3



Post Traumatic Stress expert, Bob Delaney, stresses the importance of Peer-to-Peer counseling and avoiding the stigmas of PTS July 31 at the USARAK auditorium in Building 1555. Delaney spoke to all USARAK senior leaders from throughout the command (USARAK Photo by Staff Sgt. Trish McMurphy)

WEEKEND WEATHER



Friday
Mostly sunny
Highs in the lower 70s
Lows in the mid-40s
Southwest winds to 10 mph



Saturday
Partly cloudy
Highs: mid-70s
Lows in the mid-40s to lower 50s



Sunday
Partly cloudy
Chance of rain
Highs around 70
Lows around 50

BRIEF

Badger Gate construction

Contractors will start building a new guard booth at Badger Gate beginning Monday. Traffic will be bidirectional and operational hours will remain unchanged. Minor traffic flow disruptions will occur as equipment is moved about the construction site; however, delays should be minimal. All drivers are asked to exercise caution in the area. See page 7: Road Construction.

Physical Training: The first step to staying ‘Army Strong’

Maj. Gen. Michael X. Garrett,
U.S. Army Alaska Commanding
General

One of my favorite words is serendipity, which means something delightful or valuable happened when you weren’t expecting it. When my family and I found out we were returning to Alaska, it was a serendipitous moment in our lives. We are very grateful to be Arctic Warriors again, and I’m excited to be the commander of U.S. Army Alaska.

As I continue to assess the command, I’d like to highlight a personal focus on fitness. In order to be successful in our profession, we must be fit to fight and I’d like U.S. Army Alaska to be the fittest unit in the Army. I don’t just mean physically fit, although that’s absolutely a priority, I also mean nutritionally, mentally, spiritually and emotionally fit. Healthy living is a big part of what being Arctic Tough is all about. If you aren’t prepared to sustain the fight in the bitter cold, then you don’t

fit into the USARAK vision of Ready Units.

Physical training is not optional. If you have ever had a conversation with me, you’ve probably heard me say that PT is my number one priority. If you’re not giving your all during PT, then you’re not meeting the standard. I wake up every morning fired-up to do PT; we all should. The day I don’t wake up excited to do PT will be the day I’ll have to retire.

Why do I take PT so seriously? Because it is my responsibility to train and prepare our units to deploy, fight and win on the battlefield. The fitness of our Soldiers has a direct impact on the combat readiness of our units. Fit Soldiers are much less likely to get physical injuries or have long-term medical issues. Overweight Soldiers are more likely to injure their feet, knees, hips and lower back.

Soldiers who are physically fit are more likely to have enjoyable and fruitful lives. They are less likely to be-



Maj. Gen. Michael X. Garrett
U.S. Army Alaska commander

come injured, are able to perform more vigorously during training and often have superior productivity and mental alertness. When Soldiers do dynamic and energetic PT together, they build esprit de corps and a shared sense of accomplishment in overcoming difficult hardships. They know they can count on their teammates to perform when

it really counts.

Effective leadership is vital to the success of any good PT program. I am impressing on your brigade and battalion command teams how important PT is to me personally and what I expect of their PT programs. Leaders must lead PT. I should never see a private out doing morning PT on his own. That indicates a poorly executed PT program and lowers unit morale. PT is easy to get right. If your day begins with challenging and meaningful PT, then the whole rest of the day goes better. If your unit has morale problems, PT would be the first place I’d look for improvements.

During a recent visit to the Warrior Leader Course, I spoke with some of our young Arctic Tough Leaders and discussed how they will likely see a big change in our Army over the next two years. There are Soldiers in our ranks that will not be here very much longer. Some will choose to leave the service, but others simply will not make the cut.

If you cannot pass the Army Physical Fitness Test or meet the height/weight standards, you risk being processed out of the service. Therefore, I strongly encourage you to reach down deep inside, to find the strength to discipline yourself, and to do some serious PT to get in shape. Your leadership can do a lot to help motivate you to become fit, but in the end it is your personal choice.

Some of this may sound harsh, but sometimes the truth hurts. If it were up to me, every Soldier in USARAK would be among the healthiest, strongest, fittest Soldiers to ever serve. I would like each of you to meet the standard so when it comes time to reenlist, the Army has no reason to exclude you from its continued tradition of excellence. I am proud to be your commander and want to see you succeed. But ultimately it isn’t my choice; it is up to each of you to decide for yourself.

Arctic Warriors! Arctic Tough!

Tobacco cessation support and accountability

Brandy Ostanik,
Medical Department
Activity-Alaska

A new process added in March to the Tobacco Cessation Program, offered at Bassett Army Community Hospital’s Arctic Health Link, is designed to increase success for beneficiaries trying to break an addiction to tobacco.

A 12-week follow-up has been added to the program, offering a level of support and measure of accountability, said Cynthia Henley Public Health Nurse at Bassett Army Community HospitalBACH.

The program begins with a four-hour class offered in a group setting with 10 to 20 participants. During this initial class, participants are given tools and tips on how to deal with stress, determine triggers and learn about foods and beverages which increase tobacco cravings.

Before leaving the initial class, participants meet with a physician’s assistant to determine if there is a need for medication to assist in the quitting process.

According to the American Cancer Society, studies have shown that medication and support used together can double a person’s chance of successfully stopping the use of tobacco. A three-tiered system of medication is offered through the program, starting with nicotine-replacement therapy such as patches, then Zyban and lastly Chantix. Beneficiaries can receive these over-the-counter and prescription medications for no cost, two weeks at a time.

Part of the new process requires participants to meet with a member of the smoking-cessation team every two weeks in order to continue to receive the medication.

One recent graduate of the class was a 30-year tobacco user.

Maurice Fischer, director of Emergency Services here, woke up one day sick of his addiction to chewing tobacco and found he had an extra

incentive to quit, “My children starting smoking and that really bothered me,” Fischer said. “It’s not cool, it’s not attractive and it’s not cheap.”

He saw information on the cessation program and decided to give it a try. According to Fischer, the medicine provided through the program got him over the physical hump of quitting, but not the psychological

hump. For the psychological hump he thought about being a good role model for his children and relied on the follow-up appointments. “Arctic Health Link staff members making me come in, or call in every week really helped a lot.”

“The quicker you do it the quicker you’ll be done,” said Fischer. “You aren’t benefitting from it.”

The next two classes being offered are Aug. 7 beginning at 8 a.m. and Aug. 12 beginning at 12:30 p.m.

To register, or for more information on the Tobacco Cessation Program, call Arctic Health Link at 361-4148 or stop by the new location at Preventive Medicine, Bldg. 4077, across from Bassett.



Janie Fields, wife of 1st Sgt. Johnnie Fields Jr., of 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, meets with Cindy Henley, public health nurse at Bassett Army Community Hospital. Fields, in her seventh week of the Tobacco Cessation Program at Bassett’s Arctic Health Link, receives support through weekly follow-up meetings to help ensure her success. For information on how to register for upcoming cessation classes, contact Arctic Health Link at 361-4148.

Antiterrorism Month

August is Antiterrorism Awareness Month and everyone plays an important part in keeping our country safe. Soldiers, government employees, contractors, and their Family members who maintain situational awareness and report suspicious activities help to discourage terrorist activity by extending the reach of our law enforcement and security forces. Everyone can support and sustain an ongoing vigilance against terrorists and threats to our community.

If a behavior or activity makes you feel uncomfortable trust your instincts and report it. Keep in mind that all details are important. Here are a few that may help:

Take note of the date and time of the activity, where it happened and what was witnessed with a description of who was involved. Were they male or female? A description of the persons; how tall are they, what is their build? What was their hair color, skin color and approximate age? Were they English speaking, have a notable accent or speak another language? Was there a vehicle involved? Take note of the make, model and color. Try to remember the license plate numbers and state.

Think about whether this activity has taken place in your neighborhood before.If you see something, say something. Here are a few ways of letting the right people know: For emergencies call 911. Non-emergencies call 353-7710 for police assistance or the Tips crime line at 353-8477 (353-TIPS).

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

Army standardizes PTSD care

WASHINGTON (Army News Service, Aug. 3, 2012) -- The Army, along with the other military services and the Department of Veterans Affairs, is standardizing the diagnosis and treatment of post-traumatic stress disorder, known as PTSD.

“No matter where Soldiers are getting care or seeking help for PTSD or any other medical issue, we want to ensure we are doing it the same way,” said Lt. Col. Christopher Warner, the Army Surgeon General’s psychiatric consultant and deputy commander, Clinical Services, Bassett Army Community Hospital.

Warner said standardization increases a Soldier’s level of trust and fairness in the system.

The Army medical community is now being trained on guidelines spelled out in Army Medical Command Policy Memo 12-035 (Apr. 10, 2012), Policy Guidance on the Assessment and Treatment of Post-Traumatic Stress Disorder, Warner said.

The memo emphasizes the urgency of the issue. “The majority of service members with PTSD do not seek treatment, and many who do seek treatment drop out before they can benefit,” the memo reads. “There are many reasons for this, including stigma, other barriers to care, and negative perceptions of mental health care. Lack of trust in military behavioral health professionals has been identified as one

important predictor of service members not utilizing services. Therefore, it is critical that Army behavioral health professionals do everything they can to advocate for and provide care in a patient-centered manner that reassures patients that they will not be judged and that their primary concerns will be addressed.”

PTSD is a widespread problem. It occurs in three to six percent of service members with no deployment experience and in five to 25 percent of service members who have been deployed to combat zones. Combat frequency and intensity are the the strongest predictor of the condition, according to the policy memo.

An example of standardization is using the “patient-centered care” approach.

“Patient-centered care within a culture of trust requires that care providers focus on patients’ primary concerns, and these diagnoses, when inappropriately used, can damage therapeutic rapport and interfere with successful care,” the memo reads.

In the past, some medical commands have supplemented this approach with forensic psychiatry, which, according to Warner, incorporates the medical practice of psychiatry with the legal field to conduct administrative reviews for medical boards.

Warner said the approach is similar to the workman’s compensation model that, while not utilized inappropriately, did not provide a standardized process across the Army.

“That model is no longer in use in the Army,” Warner said.

Lt. Gen. Robert B. Brown, I Corps commander, speaking at an Aug. 2 press conference at Madigan Army Medical Center, Joint Base Lewis-McChord, Wash., agreed that the patient-centered care approach and standardization is best.

“Our number one concern is taking care of Soldiers and their families,” he said. “Cost doesn’t play a part in military medicine. We want them to have world-class medical care. For that reason, we are going to stop using the forensic psychiatry system with the disability evaluation system here at Madigan.”

Brown explained that forensic psychiatry adds, “an extra layer of supervision really not needed for PTSD medical board examinations.” He said that while forensic psychiatry is a good tool to use in specific situations, the Army needs a more consistent and equitable method of fairness in PTSD diagnosis.

The forensic psychiatry model has been criticized for placing too much emphasis on malingering. The policy memo clarifies the reason for discontinuing that model.

“Although there has been debate on the role of symptom exaggeration or malingering for secondary gain in DOD and VA PTSD Disability Evaluation System processes, there is considerable evidence that this is rare and unlikely to be a major factor in the vast majority of disability determinations,” the memo reads.

Other aspects of standardization for PTSD care are being addressed. For example, some medications used in the past were found to not be the best choices for PTSD, said Warner.

Another example he cited is standardization of new

treatment methods based on research, not only from military medicine, but from first responders -- firemen, police officers and paramedics -- who routinely handle very traumatic situations.

A cutting-edge development within the Army for the prevention of PTSD that the committee is looking at, for example, would be Comprehensive Soldier Fitness, which increases a Soldier’s resiliency, he said.

Standardization is not limited to Army Medical Command Policy Memo 12-035. The Army, VA and other services are standardizing the administration of treatment, using the Integrated Disability Evaluation System, or IDES.

Warner said the IDES, in conjunction with the Army Physical Evaluation Board, determines whether or not a service member should stay in service or transition to the VA system as a medical retiree. If the latter, the service member is guided through the process of transitioning from Army to VA care, while he or she is still on active duty, to ensure no loss of coverage or break in treatment, he explained.

The Army’s success at standardization and innovation are a source of pride within the medical community.

“Combat has been our greatest catalyst to medical innovation,” said Maj. Gen. Richard W. Thomas, commander, Western Regional Medical Command. The general also spoke at the press conference.

Thomas said that the best minds are working to improve diagnosis and treatment of PTSD. He said that besides the VA and other services, the Army is working with universities across the country and even the National Football League to improve the quality of PTSD care.

He added that the Army has developed a collaborative relationship across the medical spectrum in its effort to find the best treatment possible. For example, he said, “surgeons are seeing patients, alongside psychologists, and even practitioners trained in yoga, massage and acupuncture.”

Treating PTSD is a challenge, Thomas said, because it is not as obvious as treating something like a bullet wound. He explained that diagnosis is further complicated because Soldiers often have more than one injury -- for instance, PTSD combined with traumatic brain injury.

Additionally, Soldiers often have delayed reactions to traumatic events that may take years to manifest, he said.

One problem still facing the Army is the stigma associated with mental disorders.

“It is critical as leaders to get rid of the stigma involved,” Thomas said. “There is still a stigma in society and in the Army, but I’ve seen an improvement over the years. We want Soldiers to reach out and seek help from the Army or even outside the base if they so desire.”

Thomas said that today, the Army is seeing more Soldiers come forward for treatment, but the gains are still not enough.

“We need everyone’s help in educating Soldiers,” Thomas said. “It’s not a normal thing asking Soldiers to seek help. We need to get across that it’s normal.”

PTS:Speaker ‘Bobby Smash’ motivates and inspires

Continued from page 1

During the mid-1970s, Delaney worked undercover with the New Jersey State Police as part of an operation known as “Project Alpha,” an investigation of organized crime syndicates in the state of New Jersey. Delaney and other undercover officers posed as businessmen in the trucking industry trying to get out from under the pressures of union interests. Delaney assumed an alias for his protection, the identity of “Bobby Covert”, a New Jersey boy who had died at birth. He had to maintain his cover profile as a reputable business owner and keep in mind his primary responsibility as a police officer. Eventually, the mobsters or “wiseguys” whom he had infiltrated nicknamed him “Bobby Smash.”

Soon after the end of Delaney’s undercover operation, he began to have the same symptoms of PTS as Soldiers returning from combat, because he had been in very similar situation...facing possible death on a daily basis for extended periods and always having to keep his guard up. If the syndicate members learned of Delaney’s participation in Project Alpha they would have executed him.

Over time, Delaney received professional help, but he also was able to benefit from peer-to-peer, or P2P counseling.

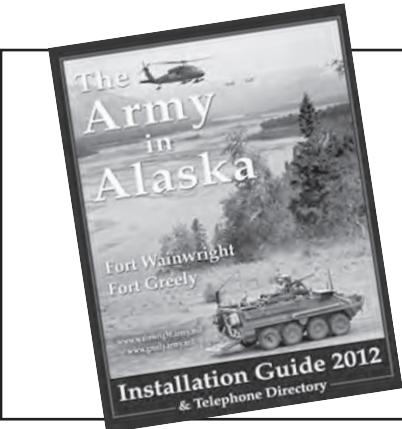
Although commonly known as Post Traumatic Stress Disorder, Delaney stresses dropping the “D”. “After all,” he said, “who wants to talk to someone or associate with someone who’s just been diagnosed with a ‘disorder’...we just don’t need to bring in that stigma, so I just call it PTS... Post Traumatic Stress.”

During Operation Iraqi Freedom, in 2009, Delaney travelled to Iraq at the invitation of then-Brig. Gen. Robert Brown, assistant division commander for support for the 25th Infantry Division. At this point in the war in Iraq, 25th ID had deployed its 1st, 2nd, and 3rd brigades, or 75 percent of the division.

Delaney provided inspiration and motivation to Soldiers from all of its brigades serving throughout Iraq.

Delaney retired as a law enforcement officer and went on to devote himself full-time to becoming a professional basketball referee for the National Basketball Association. In 2008, he wrote about his undercover experience in “Covert: My Years Infiltrating the Mob.”

Delaney closed by saying, “I can’t stress enough how important it is for ‘youse-guys’ to look out for each other and work as a team because now that we have so many troops returning from deployment, we have a new enemy to watch out for...PTS!”



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Brigade Troops Battalion ‘the brain’ of the wolves

Capt. John Farmer,
U.S. Army Alaska PAO

The 1st Stryker Brigade Combat Team, 25th Infantry Division is a conglomeration of several branches of the Army: Infantrymen, medics, computer technicians, scouts and cooks. Soldiers hail from all corners of the United States - from the sandy beaches of Miami, to the rainy forests of Seattle, to the scorching deserts of Arizona.

The Soldiers of the 1-25th SBCT, known as the “Arctic Wolves,” are a mix-mash of personalities, nationalities, religions and political viewpoints.

No one within the Arctic Wolves understands diversity and the unique nature of different units better than the Brigade Troops Battalion, commanded by Lt. Col. Michael Braun.

While most other battalions in the brigade are generally homogenous in their make-up, the BTB, nicknamed the Grey Wolves, is comprised of five companies with five completely different job descriptions and mission training requirements. Headquarters Company provides brigade-level command and control, the engineers conduct

route clearance and demolitions, the anti-tank company focuses its efforts on high-intensity conflict and defeating the enemy in a more conventional manner, the signal company provides radio, computer and network support for the rest of the brigade and the military intelligence company provides detailed analysis about the enemy and how best to fight.

Managing such a unique organization is something Braun said he looks forward to with enthusiasm, and takes pride knowing his Soldiers are the ones who enable this brigade to successfully fight with their specialized skill sets.

“My job is to provide the enablers to the other battalions in order for them to achieve their mission. My mission is to provide well-trained Soldiers that will be an asset to those formations,” Braun said. “We’re all part of the same brigade; we’re all fighting on the same team.”

Braun recognizes that the BTB is nothing like the other battalions in the brigade,

“The brigade is called the Arctic Wolves, and I like to think of the BTB

as the brain of the Wolf,” said Braun. “We may not be the tip of the spear, but we tell you where to stick the spear.”

With a strong focus on enabling the rest of the brigade to succeed, Braun and his team are committed to providing the best trained and best qualified Soldiers possible.

Braun recognizes the longevity of the conflicts in Iraq and Afghanistan have caused erosion in some of the basic Soldiering skills in which men like he and Command Sgt. Maj. Sherwood Gatts were extremely proficient during peacetime.

“We’ve been at war for over 10 years now and a lot of the skills I was used to and the CSM was used to during the peacetime Army have deteriorated a bit,” Braun said.

His focus now is to come back to the basics of what it truly means to be a Soldier.

“Our focus is on the fundamentals: shoot, move and communicate. If Soldiers can do that, then they’ll definitely be successful at their jobs. Physical fitness is a big part of that as well. We’re trying to keep the Soldiers involved in physical training that’s interesting but

also beneficial to them. We have a lot of emphasis on marksmanship training. Every Soldier in the battalion is going to qualify whether it’s rifles, machine guns, or pistols. Every Soldier should be comfortable with their weapon and be able to use it effectively. It’s our bread and butter,” Braun said.

Not only do the Soldiers and their leaders face the challenges of training on the basic Soldier skills, Braun is extremely focused on the challenges specifically associated with living in Alaska.

“We take pride as “Arctic Wolves,” but we haven’t operated in an arctic environment in over a year, and that’s going to be a big challenge. I told the Soldiers they are soldiering in the toughest place in the world due to of the extreme temperatures and the remoteness of this post,” Braun said.

Training requirements and the rugged landscape aside, Braun is keenly aware of the fact that every unit, regardless of its size, needs a strong sense of identity if it is to succeed. Braun will be the first to admit that he won’t be able to succeed without the help of officers, NCOs and Soldiers under his command. The man he’s most excited to work with is his right-hand-man, Gatts, the senior enlisted advisor for the battalion.

“When I found out he was coming to be the (command sergeant major) here, it was like winning the lottery. He is totally focused on the Soldiers. You look up the definition of command sergeant major in the dictionary and you’ll see a picture of (Command Sgt. Major) Gatts, Braun said. “He always puts the welfare of the Soldiers first and he knows the right way to do things. He’s committed to building a team. He’s only been on the job about a week and-a-half and he’s already has all sorts of great plans he’s starting to implement and that’s the mark of a true professional. He’s got a vision and he knows how to make it work.”

Braun said he is eagerly looking forward to the challenges associated with the privilege of command.

As with any job, there’s a time to work and a time to relax, and the Grey Wolves pack leader said he’s very much looking forward to taking advantage of the time he has here in Alaska.

“We’re pretty fortunate to be in Alaska. Tourists spend thousands of dollars to come here and to have the opportunity to live up here is awesome. I want to make the most of it. I’m looking forward to experiencing everything up here.”



Lt. Col. Michael Braun, commander of the Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division looks over his unit for the first time as their commander, after assuming command from Lt. Col. Mark Adams during a ceremony at Ladd Parade Field, July 2 here. (Sgt. Thomas Duval/1-25th SBCT PAO)

“Charlie Med” practices extrication skills

Trish Muntean, Fort Wainwright PAO

“When a medevac launches to recover a casualty, seconds count, which makes expertise in the tools of life saving is a must,” said Chief Warrant Officer Matthew Grove, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade.

It was for that reason the unit held a training exercise Friday to familiarize both new and experienced Soldiers with an aspect of the medical evacuation they may not have been exposed to before - vehicle extrication.

Sgt. William Ressler, a crew chief on a Black Hawk helicopter with C/1-52nd who recently deployed with the unit, organized the training. He said about 30 people participated, with the priority being to keep the rescuer safe above anything else.

He thinks the opportunity to have a bit of hands-on time was of much more value to the Soldiers than hours of classroom time.

The training was split between the classroom and hands-on use of equipment like the cutter/spreader (also known as the Jaws of Life), a K-12 rotary saw and a hydraulic spreader bar.

The scenarios included include dismantling of vehicles to obtain access to the casualty using various methods and using the extrication tools available to the medical evacuation crews when the mission dictates.

“I liked it because Soldiers like me who have not used extrication equipment before got a chance to use all the equipment and get hands-on” said Spc. Jordan Pedroza, C/1-52nd, 16th CAB.

“It is nice to familiarize yourself with the equipment you could possibly be using,” she said.

Pedroza, a flight medic with the unit, had never used any of these tools before. It taught her to learn ways to get to a patient if they could not be just pulled out.

Cadet Peter Schlatter of West Point was involved in the exercise as part of an exchange program. He was glad that every Soldier at one point or another got to participate.

Before the exercise was even over, the unit was making plans for the next one. Some of the suggestions for expansion and improvement included more vehicles, medical dummies and the use of a nine-line scenario. But even with room for improvement, almost everyone agreed that overall the training had been done well, much had been learned and that it was a morale booster.



ABOVE -Capt. Chris Morisoli (right), the former executive officer for C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade and a pilot-in-command led a discussion about the exercise afterwards. Morisoli was the executive officer during the unit’s deployment. C/1-52nd returned in February. (Photo by Trish Muntean, Fort Wainwright PAO)

LEFT - Spc. Jordan Pedroza, a medic with C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade, practiced her medical skills and worked with extrication equipment during a training exercise on Friday.

Golf tournament helps fund support programs for Soldiers

Allen Shaw,
Fort Wainwright PAO

“Even the worst day playing golf is better than a good day at work,” said Jason Avery, Pioneer Park manager and member of the four-man golf BP team that included Mike Shultz, John Rings-tad and Lee Williams. “It was cold and the weather was miserable, we didn’t do so great, but it was a good time for a great cause,” Avery said. “Anything we can do to support the Armed Services YMCA of Alaska makes it all worthwhile.”

The ASYMCA 8th Annual Charity Golf Tournament is just one of

many fund-raisers that allow the organization to provide services to Soldiers and Family members. “The money we raise goes right back into services to help our military,” said Rachel Oldfield, program coordinator, ASYMCA of Alaska. “It helps stock the Food Pantry, funds Y on Wheels and just helps us help military Families who need a little boost.”

Many local partners from the community sponsored a variety of teams. The top military team was Staff Sgt. Eddie Barba, Staff Sgt. Matt Huck, Staff Sgt. Jeffrey Dick, and Staff Sgt. R.J. Courson. The Soldiers are all assigned to

the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and were also teamed with local business supporter the Boatel for the tourney.

Second place went to the Jiffy Lube team and third was the team representing the Tanana Valley Clinic.

On the civilian side, the team sponsored by Alaska USA Federal Credit Union came in first, followed by the teams of Quality Services and Denali State Bank.

For more information on the ASYMCA Golf Tournament visit www.asymcaofalaska.com.



Hard-core golfers braved a blustery day to join in the 8th Annual Armed Services YMCA of Alaska charity golf tournament at the Chena Bend Golf Course on Fort Wainwright Aug. 3. The winning military team sponsored by the Boatel was, R.J. Courson (left), Jeffrey Dick, Matt Huck and Eddie Barber. (Photo courtesy ASYMCA)

Soldier takes to Alaska’s trails, conquers 50-mile ultra marathon

Brandy Ostanik,
Medical Department Activity-Alaska PAO

Like many Soldiers, Sgt.1st Class Mike Nunnelee puts in time the Physical Fitness Center doing PT by running a few miles on the treadmill. Nunnelee broke from the routine July 28 when he became one of 37 runners to complete the Resurrection Pass Trail 50-Miler near Seward.

Nunnelee, the non-commissioned officer in charge of the Medical Management Division at Bassett Army Community Hospital, completed his first ultra-marathon by running 50 miles from Cooper Landing to Hope in 12 hours 37 minutes.

“Many of us complain about having to drive 50 miles in a car without air conditioning,” said Capt. Tyler J. Mark, Medical Company commander at BACH.

“Nunnelee did it by foot in under (13 hours).”

The race was designed to be a challenge for racers in more than just length.

At a typical ultra-marathon, aid stations are set for the runners every seven to 10 miles, and contain food such as boiled potatoes with salt, energy drinks, fruit and trail mix. These stations allow runners to travel lightly and concentrate on running while knowing they will be able to

get the nourishment their bodies need throughout the race, Nunnelee said.

The first aid station for runners in Saturday’s race was located at 38 miles, creating the need for him to wear a backpack throughout the run.

Course terrain was another obstacle Nunnelee had to overcome. The starting line begins at approximately 400 feet above sea level and climbs to over 2,600 feet at the 19-mile mark. “I trained to run up hills, but hitting that last hill going up to 1,600 feet after 41 miles was just cruel,” Nunnelee said.

The official race ended at 13 hours, a time Nunnelee was determined to

beat. There were a couple of times he didn’t think he was going to make it but he pressed on, making the decision to push his body.

“Coming back down the hill for the last few miles I found my rhythm and felt really good,” said Nunnelee. “I knew at that point it was going to be close but that I could make it.”

When he crossed the finish line there was no medal and no cheering crowd. Just a bowl of hot soup, an energy drink and a little finish-line camaraderie.

Nunnelee is the embodiment of the quiet professional.

“No big announcement, no fanfare, he simply put in a pass and asked for a couple days off to run a race,” Mark said.

Nunnelee returned to work less than 48 hours after completing the 50-mile ultra marathon.

“He came in to work, showed a single picture to a couple of friends, and continued with his mission at the hospital. That is the type of Soldier we should all strive to become,” Mark said.

“Many of us set high goals but because of deployment, Family concerns and issues, high (operations) tempo and life simply getting in the way we aren’t able to quite meet those goals. (Sgt. 1st Class) Nunnelee decided one day he was going to be an ultra distance runner and he made that happen.



Sgt. 1st Class Mike Nunnelee, NCOIC of the medical management division at Bassett Army Community Hospital arrives at mile 38 Hope Trailhead near Seward Saturday. Nunnelee finished the Resurrection Pass Trail 50-Miler mile race in 12 hours and 37 minutes. (Photo courtesy Leisa Nunnelee)

Former UAF student tastes gold



Jamie Gray, wife of U.S. Army Marksmanship Unit shooter Staff Sgt. Hank Gray, bites her Olympic gold medal after winning the women’s 50-meter rifle 3-positions event Aug. 4, at the Royal Artillery Barracks range in London. Bronze medalist Daria Vdovina of Russia stands beside Gray. Gray honed her shooting skills with the University of Alaska Fairbanks (Photo by Tim Hipps/ Army News Service)

Adventure:

Continued from page 1

to introduce Soldiers to new opportunities and skills while taking away the excuse of “there’s nothing to do here.”

WAQ is a healthy outlet for relieving post deployment stress, said Emmy O’Leary, ORC intern, who helps out with the program.

It also shows the Soldiers what ORC has to offer, she said.

Soldiers from 3rd Battalion, 21st Infantry Regiment, 1-25th SBCT recently spent a day enjoying activities such as skeet-shooting, paintball and paddling canoes on the river. Everyone seemed to enjoy it.

Spc. Robert Parker, 3-21st, 1-25th SBCT, said he found the redeployment to Fort Wainwright a bit difficult but spending time with those he deployed with helps.

“WAQ is a good way to get together with the guys and blow off a little steam from the deployment,” he said.

Returning to garrison was a “little weird at first,” said Spc. Steven Jackson, 3-21st, 1-

25th SBCT, but as time goes on, he is finding it a little easier. Getting out and doing activities with his coworkers, such as those offered as part of WAQ helps.

“It is nice to just get out and relax a little bit, have a fun day,” Jackson said.

“It was an awesome experience,” said Pvt. Allen Romero, 3-21st, 1-25th SBCT who had never shot skeet or used a bow and arrow before WAQ. He said now that he knows what the Outdoor Recreation Center offers, he will be a repeat customer.

Spc. Kyle Crow, 3-21st, 1-25th SBCT, had been medically evacuated early in the unit’s deployment. He was appreciating the fact that he got to spend time with his friends and co-workers.

“It’s fun,” he said. “I am enjoying it.”

I hope Soldiers will get involved with recreational activities, Patterson said.

“The benefits received from it can be the positive difference in a Soldier’s quality of life and overall physical and mental well being.”



“It was an awesome experience” said Pvt. Allen Romero, 3rd Battalion, 21st Infantry Regiment , 1st Stryker Brigade Combat Team, 25th Infantry Division, who had never shot skeet or used a bow and arrow before his unit took part in Warrior Adventure Quest July 31. (He is shown here shooting skeet.)



Archery was a popular event for Soldiers from 3rd Battalion, 21st Infantry Regiment ,1st Stryker Brigade Combat Team, 25th Infantry Division during Warrior Adventure Quest.

Friday - 10th

SMITHSONIAN STORY HOUR & CRAFTS, 4 to 5 p.m., Post Library, Bldg. 3700. Call 353-4137.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Saturday - 11th

GULKANA GLACIER DAY HIKE, 7 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$20. Call 361-6349.

QUARTZ CREEK ATV OVERNIGHT, 8 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$150. Call 361-6349.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 – 5 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7755.

TEXAS HOLD ’EM, 6 p.m., The Warrior Zone, Bldg. 3205. Open to all DoD cardholders 18 and over. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Sunday -12th

SUNDAY WORSHIP SERVICES at 11 a.m. at the three post chapels as follows: Catholic mass at Southern Lights Chapel; Gospel worship at Bassett Army Community Hospital and a Protestant service takes place at Northern Lights Chapel.

RELIGIOUS EDUCATION, 9:30 a.m. Catholic Sunday school at Southern Lights Chapel; 9:45 a.m. Gospel Sunday School at Bassett Army Community Hospital chapel and at 10 a.m. Protestant Sunday school takes place at the Northern Lights Chapel.

SMOKE THOSE SALMON, 1 p.m., Outdoor Recreation Center, Bldg 4050. Cost is \$5. Call 361-6349.

Monday – 13th

SCHOOL AGE CENTER SPORTS FOCUS: FIELD HOCKEY SUMMER CAMP, School Age Center, Bldg. 4166. Call 361-7394

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372.

GROUP CYCLING CLASS, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Tuesday – 14th

FAMILY READINESS GROUP TRAINING, 9:30 - 11:30 a.m., Post Library, Bldg 3700. Call 353-4227.

HOUR OF POWER GROUP STRENGTH CLASS, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

PARENTS’ NIGHT OUT, 5:45 to 8:45 p.m., CDC I, Bldg. 4024. Register by Aug 6. \$12 per child. Call 353-7713.

Wednesday -15th

FAMILY READINESS GROUP TRAINING, 9:30 - 11:30 a.m., Post Library, Bldg 3700. Call 353-4227.

GROUP CYCLING CLASS, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

MULTICULTURAL STORY HOUR – HAWAII, 4:30 p.m., Post Library, Bldg. 3700. Call 353-4137.

BOOT CAMP, 5 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

WICKED WING CHALLENGE, 5 to 7 p.m., Nugget Lanes Bowling Center, Bldg 3702. Call 353-2654.

Thursday – 16th

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372

EFMP LUNCH and LEARN, 12 – 1 p.m., Post Library, Bldg 3700. Call 353-4460.

HOUR OF POWER GROUP STRENGTH CLASS, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

TERRIBLE 2s CLASS, 6:30 – 8:30 p.m., CDC II, Bldg 4176. Call 353-7713

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Friday- 17th

MUD RUN, Noon at Birch Hill Ski and Snowboard Area. Registration begins at 11:15 a.m., the event is free. For more information call 353-7691.

ROCK CLIMBING, 9 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$10. Call 361-6349.

DALL RIVER 3-DAY PIKE HUNT, 8 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$200. Call 361-6349.

WILD EDIBLES STORY HOUR & CRAFTS, 4 to 5 p.m., Post Library, Bldg. 3700. Call 353-4137.

NAF SALE, 5 – 8 p.m., Warehouse, Bldg 3020. First day of sale is limited to DoD cardholders. Call 361-7258.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Saturday - 18th

NAF SALE, 10 a.m. - 2 p.m., Warehouse, Bldg 3020. Open to the Public. Call 361-7258.

LADIES SKEET SHOOT, 12 – 5 p.m., Fischer Skeet Range, Bldg 1172. Call 353-7869.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 – 5 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7755.

PARENT’S DATE NIGHT, 4 - 8 p.m., CDC I, Bldg. 4024. Register by Aug 10th. \$24 per child. Call 353-7713.

HORSESHOE TOURNAMENT, 6 p.m., The Warrior Zone, Bldg. 3205. Open to all DoD Cardholder 18 and over. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Sunday -19th

Monday – 20th

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372

GROUP CYCLING CLASS, 12 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Bedroom fire prevention and home fire safety

Sarah Chapman, Fire Prevention

About 3,500 Americans die each year in fires and about 18,300 are injured according to the U.S. Fire Administration. Most bedroom fires can be prevented by following reasonable precautions. Use these tips to learn how to prevent a fire in your home and know what to do if you have a fire.

You can stop a bedroom fire before it starts. Replace mattresses made before the 2007 Federal Mattress Flammability Standard. Do not run electrical cords under your bed or trap them against a wall where heat can build up. Never put too many plugs into an extension cord.

Children are one of the highest risk groups for deaths in home fires. Keep lighters and matches in a locked drawer or cabinet out of reach of children. Keep lit candles away from bedding, curtains, paper, and anything else that can catch fire easily. Never smoke in bed.

Take care when using space heaters. Keep bedding, clothes, curtains, and other flammable items at least three feet away from them. Only use laboratory approved electric blankets and warmers. Check to make sure the cords are not worn away or coming apart.

One of the best ways to protect yourself and your family is to have a working smoke alarm. A smoke alarm greatly reduces your chances of dying in a fire. Ensure everyone in your family knows at least two escape routes from their bedrooms. Make and practice a home fire escape plan and set a meeting place outside. In case of a fire, stay low to the ground beneath the smoke. Get you and stay out.

Always remember to dial 9-1-1 to report a fire, even if it has been extinguished. Following these simple fire safety tips can increase survival rates dramatically. For any questions or for more information please contact the Fire Prevention Office at 353-9140.



One of the best ways to protect yourself and your family is to have a working smoke alarm. A smoke alarm greatly reduces your chances of dying in a fire. Ensure everyone in your family knows at least two escape routes from their bedrooms. Make and practice a home fire escape plan and set a meeting place outside. (Photo courtesy Fort Wainwright Fire Department)

18397964
ESTHER BARBER
& STYLES
AK POST/AK
POST
1 x 2.0

16399625
ELFS DEN, THE
AK POST/STV
FREE AD
1 x 4.5

ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Pvt. Jawuan Collins, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Andrew S. Chung, Headquarters and Headquarters Company, 1-24th Inf. Bn., Fort Wainwright, Alaska, 99703, or call 353-3786 or e-mail andrew.s.chung.mil@mail.mil.

13399632
GALLO’S MEXICAN RES-
TAURAN
AK POST/STV FREE AK
2 x 1.5

18396878
CUTCO CUTLERY
AK POST/CUTCO AK P
2 x 2.5

ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Marvin K. Scott of 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska), contact Capt. Cody Blair, 1-52nd, 2088 Montgomery Road, Fort Wainwright, Alaska 99703 or call 353-9075.

13397498
VIP CLEANERS
AK POST/STV
FREE AD
1 x 3.0

FREE JOB TRAINING

Applications for the 2013 American Red Cross Dental Assistant Training program are available at the Fort Wainwright Red Cross office. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated Volunteer Management Information System. VMIS training is available at www.myarmyonesource.com. Packages are due by Sept. 28. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year's Day. For more information contact the American Red Cross at 1024 Apple Street (avoid), Fort Wainwright, Alaska 99703, (907) 353-7234.

WINTER CLOTHING DRIVE

The Fort Wainwright chaplaincy will host a Community of Faith Winter Clothing Giveaway, set for Aug. 18 at the Southern Lights Chapel, Building 4107 Neely Road on post. Donations will be accepted up to the start of the event. For more information, call 361-4463.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

SUCCESSFUL STUDENTS

"Chart Your Course for Success in High School and Beyond," is a seminar for parents and their middle and high school students which will focus on a suggested curriculum that will insure both an on-time graduation (despite multiple school transitions) and a competitive resume for college applications. Research indicates that planning for post-high school education needs to begin in middle school. The college application process, admissions portfolios, and financial aid will be addressed. Participants will receive a Chart Your Course kit which includes a planning guide, a calendar outlining college admission and financial aid tasks and an interactive DVD. The free class is offered by the Military Child Military Child Education Coalition (MCEC) in September. Evening class is open to parents and their teens. Register at www.planetreg.com/E72619392408320.

RV STORAGE FACILITY

The Eagle's Nest RV Storage Facility is open and the Outdoor Recreation Center staff says there is still space available for all on post residents and customers with vehicles stored in Raven's Roost. Customers will need to provide vehicle registration information and payment at the time of making a reservation. There will be three different size sites available for rent: 10x10 for \$15 per month, 12x20 for \$20 per month and 14x45 for \$25 per month. For more information, please call Outdoor Recreation at 361-6349 or 361-6350.

TOOLS FOR CHILD'S SUCCESS

Preparing for the Journey: Giving Your Young Child a Head Start on the Road to Academic Success - Parent Conference is a course for parents of children birth through 5 years of age. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do

around the house with their young children. Kindergarten readiness will also be addressed. Participants will receive the Military Child Education Coalition book, Chart Your Course: Preparing for the Journey, along with other early literacy resources (for parents of children birth through 5 years of age). The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly are and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians assembly in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

PAY LESS FOR ALASKAN ADVENTURES

Whether biking or kayaking in Denali National Park, rafting the Nenana River or relaxing on a Segway tour in town, check with the staff at Outdoor Recreation for discount ticket rates, save money. Call 361-6349.

VALDEZ MILITARY RECREATION

Tent camping and on-site camp trailers with electricity are available for DoD cardholders in Fort Greeley's Family and MWR campground in Valdez. The recreation site also offers showers, fishing charters, biking and camping equipment. Some facilities and services are open to the public. Call (907) 873-4311 for more information.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news such as road closures and reporting status is www.facebook.com/FortWainwrightPAO. The unofficial page will no longer be updated. Like us on Facebook.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

TERRORISM AWARENESS

August is Antiterrorism Awareness Month. Schedule an antiterrorism briefing for your unit or Family Readiness Group. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

VOTING ASSISTANCE

Alaskans in the Interior will have the opportunity to vote again Aug. 28. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration, call 353-7624 or check out the installation's voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

ROAD CONSTRUCTION

Officials expect most of the work to be completed along Gaffney Road by Monday; and a return to normal traffic patterns is planned. The Badger Gate guard booth construction begins Monday. Gate hours and two-way traffic will continue. Drivers can expect some traffic congestion and delays.

Contractors are working the Marks Road loop to resurface the roads. The work will be done in two phases to limit inconvenience to building users and includes all of Marks Road on the north side of Gaffney Road. Phase 1 includes Marks Road, Nysteen Road and Chena Road. Occupants of buildings 1054, 1043 and 1044 should access these destinations via Apple Street. Occupants of buildings 1051 and 1049 should access the buildings from the west Marks and Gaffney intersection. Occupants in buildings 1045, 1046 and 1047 should access the buildings via Freeman Road, but may also access from the east Marks and Gaffney intersection. Watch for signs.

Phase 2 includes the unnamed access road to Building 1047, the access to building 1046 and the Building 1045 parking lot. During this phase, occupants to these buildings should park in the 1044 parking lot or use available parking on Nysteen Road. The entire project is expected to last about a month, until mid-August. For more information, contact the project manager, Dennis Holtry, 361-6243.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

SPONSORSHIP TRAINING

First impressions are lasting impressions and often affect a Soldier's whole outlook on an assignment. Be part of the solution, become a sponsor and help another Soldier or military Family relocating to Alaska. Want to learn more? Training is available. Call the Relocation Assistance officer at 353-4223.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

Arctic tough mudders

The Family and Morale Welfare and Recreation Community Recreation Division is hosting a mud run Aug. 17. Registration starts 11:15 a.m. at noon at the Birch Hill Ski and Snowboard Area; the event begins at noon. Free handkerchiefs will be given to the first 150 people to register. For more information call 353-7275. (Photo illustration by Brian Schlumbohm/Fort Wainwright PAO)

Permafrost Tunnel offers a solid look at yesterday, today

Allen Shaw,
Fort Wainwright PAO

Alaska, especially the Interior, is a unique place with many exciting things to see and treasures to discover. One of those exclusive opportunities is a permafrost tunnel 10.5 miles north of the installation and there will be an open house Aug. 18 and 19.

The United States Army Corps of Engineers Cold Regions Research and Engineering Laboratory and the University of Alaska Fairbanks Institute of Northern Engineering operate the permafrost tunnel in Fox and are inviting the public learn more about it.

The permafrost in the tunnel and around Fairbanks was formed during the last ice age. Margaret Cysewski, CRREL intern and tunnel tour guide said, “Walking into the permafrost tunnel is like walking back in time into the ice age.” She said although the Interior was not glaciated at the time, it was surrounded by glaciers in the Alaska and Brooks Ranges. “These glaciers created silt which was carried into the Interior by rivers, where wind then deposited silt onto the surrounding hillsides, slowly raising the ground surface.

Plant material, bones and ice became captured in the per-

mafrost, thus frozen in time. As visitors bundle up and head through the walk-in refrigerator door at the entrance, they will stop and marvel at the rare experience and absorb the distinctive fragrance of ancient earth, she said. Within a few steps down the man-made path Cysewski pointed to one of many bones and tusks protruding through the wall of the cave. “That is the tusk of a prehistoric bison.”

The permafrost tunnel currently descends more than 55-feet underground and is kept below freezing during the summer season by large refrigerator compressors. In the thick organic-rich silt there are large ice lenses, preserved bones, vegetation, gravel and bedrock.

“The research opportunities are endless,” Cysewski said. More than 70 technical papers and reports have been produced from work done in the tunnel. Research topics include mining engineering, geotechnical engineering, geophysics, geocryology, geology, biology, paleontology, paleoclimactic studies and extraterrestrial permafrost.

In 2011 an expansion project began with the excavation of a 100-foot tunnel parallel to and 200 feet from the existing tunnel. The aging, sublimation and small size of the current

tunnel limits research opportunities, according to Cysewski. “The tunnel expansion will add 1,000 feet of tunnels, including links to the old tunnel at several locations, such as at the interface between the bed-

rock and overlying gravels.” She said, “This is supposedly where miners find gold deposits, although nothing has been found here yet.”

The open house gives the community and visitors to see

an ongoing, fascinating science project and take a step back in time. For more information on the open house, contact Cysewski at permafrosttunnel@gmail.com or visit www.permafrosttunnel.org.



The United States Army Corps of Engineers Cold Region Research Laboratory operates a permafrost tunnel 10.5 miles north of Fort Wainwright. The team is hosting an open house August 18 and 19 for members of the community to experience a rare scientific opportunity in which more than 70 technical papers have been written. (Photo by Allen Shaw/Fort Wainwright PAO)

Set the conditions for ATV Safety

Maj. Joel Anderson

FORT WAINWRIGHT, Alaska – When most people think of Alaska, one of the first things they think of is the great outdoors.

One of the best ways to get farther into Alaska’s great outdoors is with the help of an all-terrain vehicle or ATV. These off-road marvels are arguably one of the best things to ever come along for outdoor enthusiasts.

Whether you already own an ATV, are planning to purchase one soon or are planning to participate in an upcoming Outdoor Recreation or Better Opportunities for Single Soldiers tour, the Fort Wainwright ATV safety course needs to be your first stop.

The course is a requirement for all of the Outdoor Recreation Center’s ATV trips, as well as for BOSS, but even though it’s not required before you operate or buy an ATV of your own, it is highly recommended. It’s just a great way to get a lot of experience in a short amount of time and in a controlled, supervised riding environment.

“We conduct this course as a (prerequisite) for all of our ATV trips, but that’s not all; it also gives people a chance to get comfortable riding and familiar with the handling characteristics of these machines,”

said Joe Woodrome, ATV safety instructor.

Woodrome pointed out the key to learning to ride an ATV safely, just as with any new skill, is to focus on the fundamentals.

First of all, the the ATV Safety Institute uses the acronym T-CLOCS to impress upon new riders the ingredients for a proper pre-ride inspection.

T-CLOC should be a regular part of every ATV rider’s routine and is a helpful reminder of the essentials every motorcycle rider should check weekly and before a long ride, according to the institute.

The “T” stands for “tires and wheels.”

Check your air pressure, tire condition and ensure axle nuts and wheel nuts are tightened and secure before every ride.

The C stands for “controls and cables.”

Check the location of all controls while sitting on the ATV and make sure they work properly. Check the throttle and other cables – make sure the throttle moves smoothly and snaps closed with the handlebars in any position. Ensure brakes operate smoothly and are adjusted properly and positioned for easy reach. Finally, be sure the foot shift is firmly attached and positioned for safe operation, if so equipped.

The letter “L” stands for “lights and electrics.”

First, check the condition of the ignition switch and make sure it works. Next, check your engine kill-switch and finally check the headlights and taillights.

Oil and fuel are next:

You don’t want to get stuck out in the middle of nowhere thanks to running out of gas, so be sure you have a full tank of gas before you hit the trail. Also, check the oil levels for your engine using the dipstick in accordance with your owner’s manual, but also look around the machine and down on the ground for any unusual oil leaks and take a look to see if your air filter is torn or clogged.

Last, but not least is “chain and drive shaft chassis.”

If you have a chain-drive ATV, inspect the chain for proper adjustment and lubrication. If the ATV you’re riding is equipped with shaft-drive, simply check it for any leakage and be sure to maintain proper lubrication. Other than that, check all the nuts, bolts and other fasteners for any loose parts, especially when it comes to major components such as the handlebars, seat and foot-pegs.

Another acronym, SIPDE, is a five step process used to make riding safer. SIPDE broken down looks like:

Scan/search: Keep your eyes moving. ATV riders need to search the terrain for hidden hazards and continuously check their overall riding environment. This is best accomplished by watching or scanning several seconds ahead of you and avoiding the natural tendency to fixate on any certain point.

Identify hazards: Pick out specific problems and consider composition of your riding surface, other trail users and wildlife, as well as any nearby stationary objects.

Predict what will happen: Think of consequences, consider necessary riding techniques, and predict the results of your choices.

Decide what to do: Slow down so there is time to react. Pick the best line or path and consider traction, obstacles (within your skill level) and visibility. Finally, ATV riders should choose to generally reduce risk overall and choose to stay well within personal limits and capabilities of your ATV.

Execute the decision: Adjust your riding technique, adjust your speed by slowing, accelerating, or braking and adjust your path of travel.

ATV safety isn’t only for Soldiers. Family members appreciate the opportunity to join in the orientation class too.

“We keep having more spouses and Family members come out,” Woodrome said. “Spouses have told me, ‘This was so great because I was scared to get on one before and now I’ll be able to go out and ATV with my husband and my kids.’”

Woodrome went on to mention some of the personal fulfillment that comes with making sure people are able to safely enjoy some of the natural bounty Alaska has to offer.

“...and that’s another thing, it really makes us feel good to know that we’re making a difference here in the Wainwright community. We’re all about being able to offer people fun and enjoyable activities they can enjoy together as a family and especially when we can help them to do it safely,” Woodrome said.

An ATV safety course schedule can be found by looking in the Family and Morale, Welfare and Recreation, “Bear Necessities.” The monthly publication can be picked up at numerous FMWR locations on post including the Last Frontier Community Activity Center and the Post Fitness Center or you can check online at www.ftwainwrightfmwr.com.

50396496
ALASKA FUN CENTER
SALES
AK POST/FULLY LOADED
2 x 5.0
RED

17400839
SN/ JIFFY LUBE
AK POST/MILITARY APP
2 x 5.0

13399524
PRO FLIGHT
AK POST/AK POST
2 x 2.0

11398340
LOOSE MOOSE CAFE
AK POST/AK POST-BUCK
2 x 3.0